



135th Issue, Oct 2023
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Ramayana
across nations



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"Life is a festival
only to the
wise."

– Ralph Waldo Emerson

As autumn arrives with its tapestry of colours and nature rejoices in a final flourish before the frost, we deck up in our finest to celebrate traditions, customs and bonds of love. While India readies to rejoice its season of festivities, we travel across the world to discover ancient cultural connections that flourish even today. In the October issue of *Hello 6E*, follow us as we delve into how Indian mythology has transcended geographical boundaries. In the Offbeat section, we rediscover the influence of the epic *Ramayana* in parts of Asia, leading to local adaptations and merging of civilisations.

Celebrating Indian art and crafts, in the Takeoff section, we fly to Madhya Pradesh, which is gearing up for the Chanderi Festival. We meander through a hamlet near Chanderi, which is known world-

over for the eponymous textile woven here, and get a glimpse of the making of the gossamer dream!

Our next stop is the city of Prague, known for its rich heritage of architecture, music, art and literature. In the Outbound section, we celebrate the Czech capital's majestic palaces, museums and eclectic culinary variety.

We also celebrate our health with celebrity fitness trainer Yasmin Karachiwala, who suggests easy workouts for all!

#golndiGo!

The Millet Message



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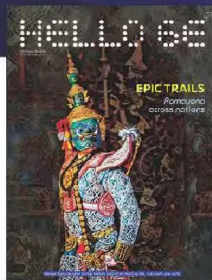
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October 2023



Dussehra (October 24)
is a glorious celebration of the
triumph of good over evil.

**Cover**

Vibrant storytelling traditions inspired by the *Ramayana* are common in several parts of Asia. In India, as we get ready to celebrate Lord Rama's glory this festive season, we re-look at these historical connections.

22

FirstRow

Here are glimpses of some domestic and international destinations of IndiGo network.

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DuelAction

We discover similarities between two cities of the world.



6€

Menu

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Linear Profiles

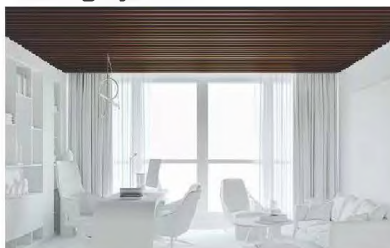
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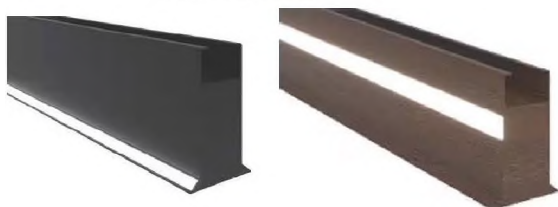
Concealed Wiring



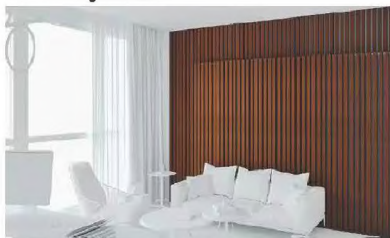
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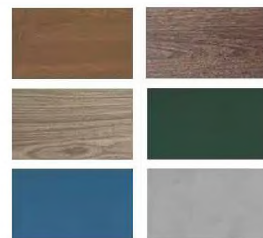


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FaceCorner

Celebrity fitness instructor Yasmin Karachiwala shares workout tips.



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Here are top 5 experiences in Milan, Italy, from art to fashion and design.



The Ministry of Civil Aviation has upgraded the AirSewa portal, which is accessible through an interactive web portal and a mobile app.

नागर विमानन मंत्रालय ने अपने विमान सेवा पोर्टल को अपग्रेड किया है जो इंटरैक्टिव वेब पोर्टल और मोबाइल ऐप के ज़रिए सुगम है।

The new version includes the following features:

Secure sign-up and log-in with social media

A chatbot for traveller support

Improved grievance management, including on social media

Real-time flight status and detailed flight schedules

For any other information regarding this service, please visit www.airsewa.gov.in



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रीयल-टाइम उड़ान स्टेटस और विस्तृत उड़ान अनुसूची

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Dear valued customer,

Thank you for choosing IndiGo. We recognise that you have options, and you chose us. It is our privilege to fly you.

In the vast skies of aviation, IndiGo has distinguished itself by creating two profound narratives: the customer's journey and the employee's expedition. These experiences, each meticulously crafted and brimming with significance, become the heartbeat of our IndiGo.

The Curated Customer Journey

The dialogue with you, our customers, begins long before you entrust us with your journey. It's woven into the very fabric of our brand, starting from the way you interact with our website, to the touchpoints at our unparalleled network, ranging from bustling metropolitan hubs to serene regional and religious locales.

We believe the soul of our service lies in details: the professional greeting at the check-in counter, a cabin crew member's genuine smile, eye contact, or the spontaneous act of holding an elevator door open. These are the notes in our symphony, which, though subtle, create a feeling of warmth.

Cleanliness, a crucial cornerstone of our service, is never compromised. Each cabin reflects our commitment to hygiene and is a testament to the hard work and dedication of our ground and cabin crew. Beyond just the tangible, the precise communication journey that we have fine-tuned, ensuring clarity and courtesy, stands as a strong pillar of our customer interaction strategy.

Our commitment to avoiding information redundancy, particularly through mediums like SMS, underscores our respect for the customer's time and space. Moreover, technological innovations like our chatbot – SKAI, ensures that your interactions are efficient, timely, and effective. Yet another way to make it a hassle-free experience for you.

We remain firmly committed to our customer promise of being on-time, courteous, affordable, and providing hassle-free experience and this extends to our internal customers as well – our trainees.

The Employee's Expedition at ifly: Values in Action

At IndiGo, our employees' journeys are a mirror reflection of our customers' experiences. These journeys take flight at ifly, our pioneering learning academy. At this nexus, we shape more than just skill sets; we mold the very ethos that becomes



synonymous with IndiGo. Every individual stepping into ifly undergoes a metamorphic transformation. While the importance of operational expertise is paramount, ifly, our learning academy delves deeper. Punctuality, for instance, isn't just about timely flights. It transcends to all facets, from meetings to training sessions, embedding a sense of respect for time. The ethos of professionalism worn by our employees is intertwined with genuine warmth, ensuring

every interaction is proficient and heartfelt.

A cornerstone of our training is the embrace of feedback. We believe in fostering a culture where constructive criticism paves the way for continuous growth and self-improvement. This commitment to development isn't confined to professional realms alone, ifly champions the cause of personal evolution too. Irrespective of their roles – be it a pilot, an airport operations team member, a cabin crew, an engineer, or any part of our vast team – every trainee experiences a graduation ceremony. This isn't a mere procedural step; it's a rite of passage, a festivity that celebrates their evolution and warmly welcomes them into the IndiGo fold.

Safety, an uncompromisable tenet of our operations, is deeply instilled in every trainee. Drills ranging from emergency procedures to medical aid simulations reinforce our unwavering pledge towards your well-being. This rigorous regimen ensures every employee, irrespective of their designation, emerges as a guardian of our customers' safety and comfort.

Our training philosophy at ifly is simple yet profound: while we sculpt ambassadors of the IndiGo spirit, we also ensure they champion our core values. Even as we bask in the glow of our accomplishments, we remain anchored, ever reminded of our beginnings and the expansive journey ahead. The ceremonies at ifly bear testament to this spirit. Each celebration, no matter its magnitude, commemorates our shared ethos, binding each one of us to the larger, proud IndiGo community.

The IndiGo Legacy

Our purpose of giving wings to the nation by connecting people and aspirations is our guiding star in the ever-changing aviation landscape. They aren't just words but a principle shaping every flight and interaction, continually reaffirming our dedication to our customers and employees.

We are – India by IndiGo

Summi Sharma
Senior Vice President,
ifly and Customer Experience, IndiGo

Official Airline Partner For All India Football Federation



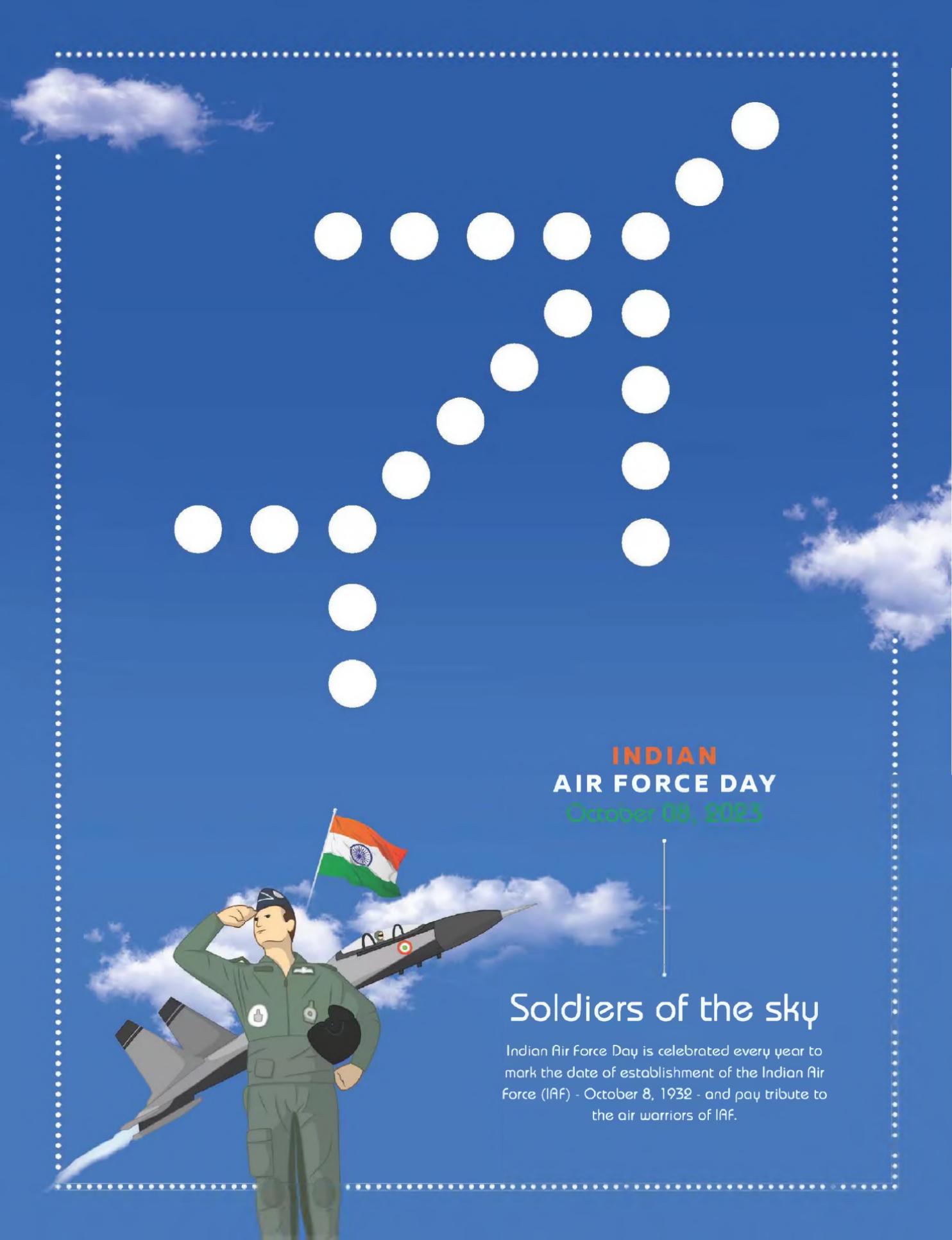
We are thrilled to embark on this journey with the All-India Football Federation, as both organizations share a common vision of advancing Indian football to new heights. This marks the start of an official partnership for AIFF, while for IndiGo, it represents our inaugural foray into the world of sports. Together, we are committed to a long-term collaboration that will not only elevate the sport but also touch the lives of fans across the nation. We aim to provide the Indian Football Team with IndiGo's well-established strengths: on-time performance, hassle-free service at affordable fares across our unparalleled network both domestically and internationally.

Pieter Elbers, CEO, IndiGo




It is indeed a pleasure for the All-India Football Federation to partner with IndiGo. During my travels with IndiGo, I was impressed with the service and professionalism of the airline. Being the country's largest airline, we consider this as IndiGo's first sports partnership. We are really honored and happy. I often say that India, with a population of 1.4 billion, is the fifth largest economy in the world, and people say it's a cricket nation, but I often say it's a cricket watching nation and a football playing nation. It's a mass sport, as every kid, you will find, is playing football. With this young population and this growing economy, we have partnered with IndiGo who can show leadership in the Indian airline market as well as in sports, where leaders from both organisations have also come up with a similar vision. I would request IndiGo to support us in every possible way and take this partnership and football forward together.

Kalyan Chaubey, President, AIFF



INDIAN
AIR FORCE DAY
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Soldiers of the sky

Indian Air Force Day is celebrated every year to mark the date of establishment of the Indian Air Force (IAF) - October 8, 1932 - and pay tribute to the air warriors of IAF.



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around the world

Here's a sneak peek into what's in store from the genres of travel, lifestyle, festivals, books and tech.



N. Ramachandran, Title, 6" x 14", Size 71 x 71 x 5.75", Medium: Mixed media with found materials, YOE 2021

a

n art exhibition titled 'Spice Box and Other Voids' is on display till October 12 at the Palette Art Gallery in New Delhi. Showcasing works by N. Ramachandran, Harmeet Rattan and Yuvan Bothysathuvar, the exhibition aims to explore life's complexities through the simplicity of a spice box. People now live in a hyper-digital environment where they project multiple personas that are like various spices that come with distinct flavours.


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d

Malwali is around the corner! While celebrating with close ones is a great idea, so is enjoying a vacation in exotic locales like the Maldives. Located in the picturesque Dhaalu Atoll, Kandima Maldives is offering tempting festive packages with spectacular activities and sumptuous feasts.

e

Enter the world of literary wonders with this book!

Viktoria Lloyd-Barlow

Barlow's debut novel *All the Little Bird-Hearts* explores topics like familial love, friendship and trauma with psychological acuity, prejudice and wit. It has also been longlisted for the Booker Prize (fiction) 2023.



f

Wild Dreams

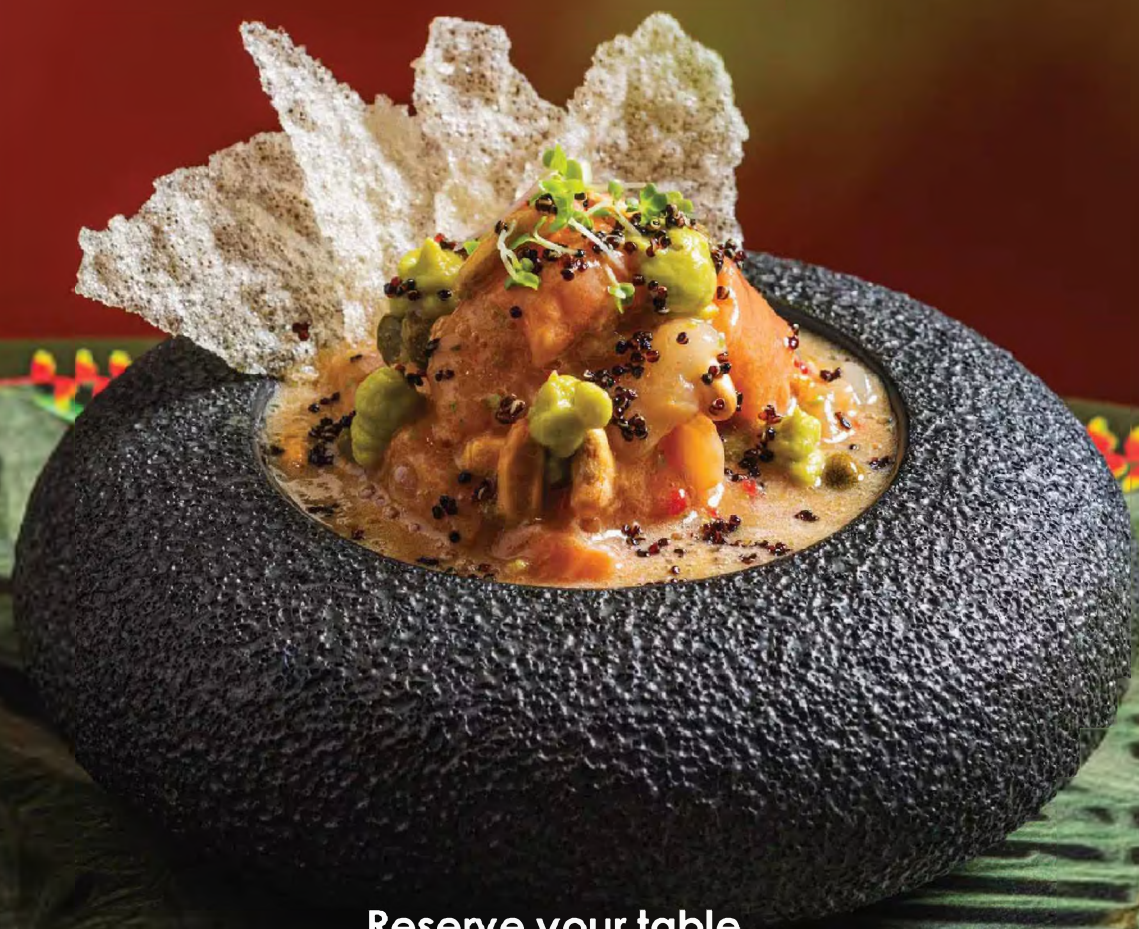
Ans of '90s music have been on a roll this year! Nostalgia is on the menu. Earlier this year, India saw shows by Backstreet Boys and now another boyband from the era - Westlife - is all set to perform. They will be coming to Mumbai, Bengaluru and Delhi as part of their 'The Wild Dreams' tour, from November 24 to 26. Booking's open now.



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hot is not how you would describe the Polar Circle Marathon held in Kangerlussuaq, Greenland! Said to be the "coolest marathon in the world", this exciting race takes determined runners through kilometres of ice! Held between October 28 and 29.

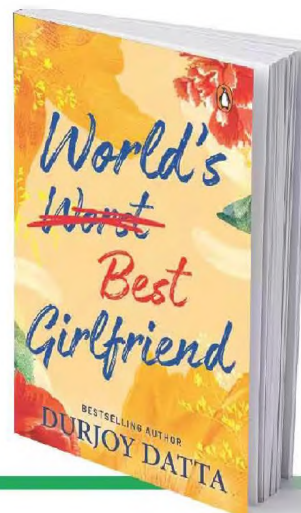


WOLF. Khyal. 2023. Mixed media
Limited edition of 3.53(H)x32(W)x 14(D) Inches

In Mumbai, Sakshi Gallery is showcasing an exhibition, 'Meet me in the Garden' by WOLF, in collaboration with Baro market. It takes inspiration from the beautiful Charbagh gardens, where Mughals relished nature, leisure and poetry. It will be on display till October 7.

Love is like the wind, you can't see it but you can feel it," says Nicholas Sparks. This summarises Durjoy Datta's latest release *World's Best Girlfriend*.

Breaking all barriers of a conventional fairy tale, the bestselling author has released his 20th romance novel. The plot revolves around the journey of Daksh and Ranchor as they navigate their individual lives - careers, families, friendships, relationships and most importantly, their polar opposite worlds.





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notable hotels in Washington DC have a history of their own. Visit The Hay-Adams, a legendary hotel named after John Hay, who served as a personal secretary to Abraham Lincoln and as Secretary of State under two American Presidents, and Harvard professor Henry Adams. The famous Hay-Adams Room features wood panelling from the original Hay residence.



W

ell-fitted with extra features and extremely classy! This is how you define the limited edition Audi Q8, which was recently launched in India for the festive season. The car is available in three colours: mythos black, glacier white and daytona gray. With enhanced exterior appeal and interior comfort with S-line exterior package, black styling package, 21-inch alloy wheels, B&O premium sound system and four-zone AC, it is a true luxury on wheels. It's a blend of comfort, elegance, and a technology-rich experience.

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A bird's-eye view of some domestic & international destinations of IndiGo



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AURANGABAD



FACT

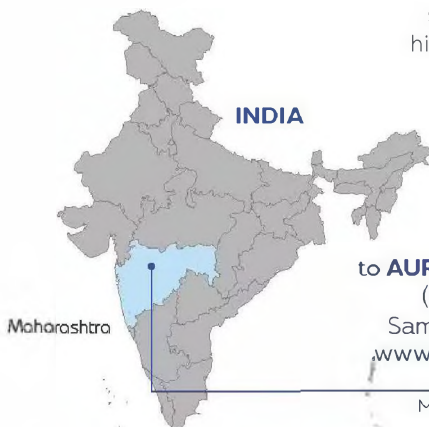
Aurangabad district (renamed as Chhatrapati Sambhajinagar) has several prominent monuments of historical and religious importance, including two UNESCO World Heritage Sites.



Best time to visit
November to February



Currency
Indian Rupee



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Sambhajinagar)
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Map not to scale

PLAN IT RIGHT



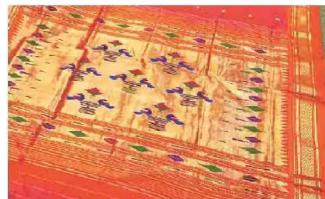
Most tourists head to the UNESCO-recognised Ellora caves, (around 30 km away), one of the largest rock-cut monastic-temple complexes in the world. Another UNESCO-listed heritage site, the Ajanta caves (100 km), is famous for beautiful murals.

EAT IT RIGHT



Aurangabad is a gastronomic paradise. Savouries and snacks are very popular here and so are rich sweets. One of the most sought-after dishes is *naan khaliya* or *naan qalia*, a combination of Indian bread served with a mutton gravy.

GIFTING ZONE



Shop for exquisite Paithani sarees. You can also pick up beautiful Himroo shawls, which are made with silk and cotton, which are locally grown. They are known for their unique style and design.

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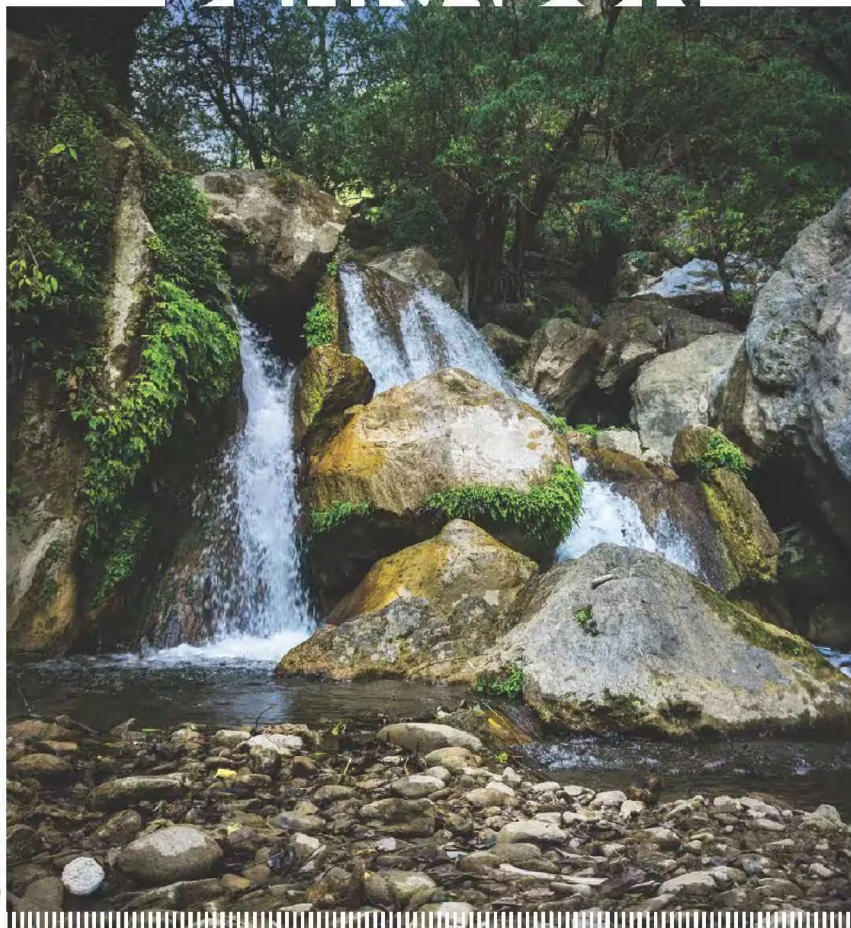
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Check List

FACT

Dehradun, located near the popular hill-station of Mussoorie, is a serene city that houses several esteemed institutions like the Forest Research Institute and the Indian Military Academy.



Best time to visit
Throughout the year.



Currency
Indian Rupee.

EAT RIGHT



Dehradun is dotted with numerous restaurants, cafes and bakeries. Other than baked goods, relish traditional dishes like *aloo ke gutke* (made with potato) along with *mandua ki roti* (made from finger millet or ragi).

PLAN IT RIGHT



In Dehradun city, visit popular picnic spots like Robber's Cave and Sahastra Dhara (Sahasratra Dhara). Nearby is Chakrata (90 km), a serene town. Around 35 km away is Mussoorie and the cantonment town Landour.

GIFTING ZONE



Shop for knickknacks at the famous Paltan bazaar. Pick up some artworks and jewellery from the Tibetan market. For branded showrooms, head to Rajpur Road. You can also buy Dehradun's famous Basmati rice.



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Rajasthan



FACT

Jaisalmer is known as the 'Golden City' for the extensive use of yellow sandstone in the architecture of the town, including the fort.



Best time to visit
October to March.



Currency
Indian Rupee.



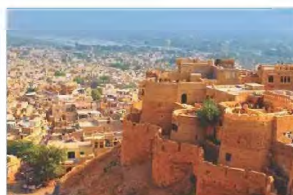
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EAT RIGHT



Relish popular snacks like *kachoris*, bread fritters and *dal pakwan*. Don't miss creamy *makhaniya lassi*, which is rich in butter and dry fruits. Also try traditional Rajasthani delicacies like *ker sangri*, *dal bati* and *laal maas*.

PLAN IT RIGHT

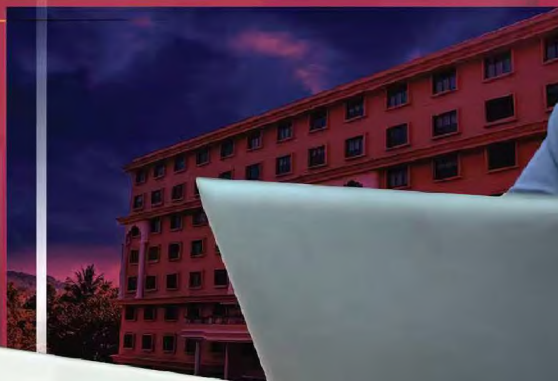


Take a tour of the majestic Jaisalmer Fort, also known as *Sonar Qila* or the Golden Fort, which is still inhabited by locals. Enjoy the laser water show at Gadisar Lake. Visit grand old *havelis* and the Desert National Park. Do try a desert safari.

GIFTING ZONE



Shop for traditional handicrafts and embroidered clothes at Sadar Bazar. Buy attractive leather items at Manak Chowk and pick up ethnic home decor items at the bustling Pansari Bazaar.



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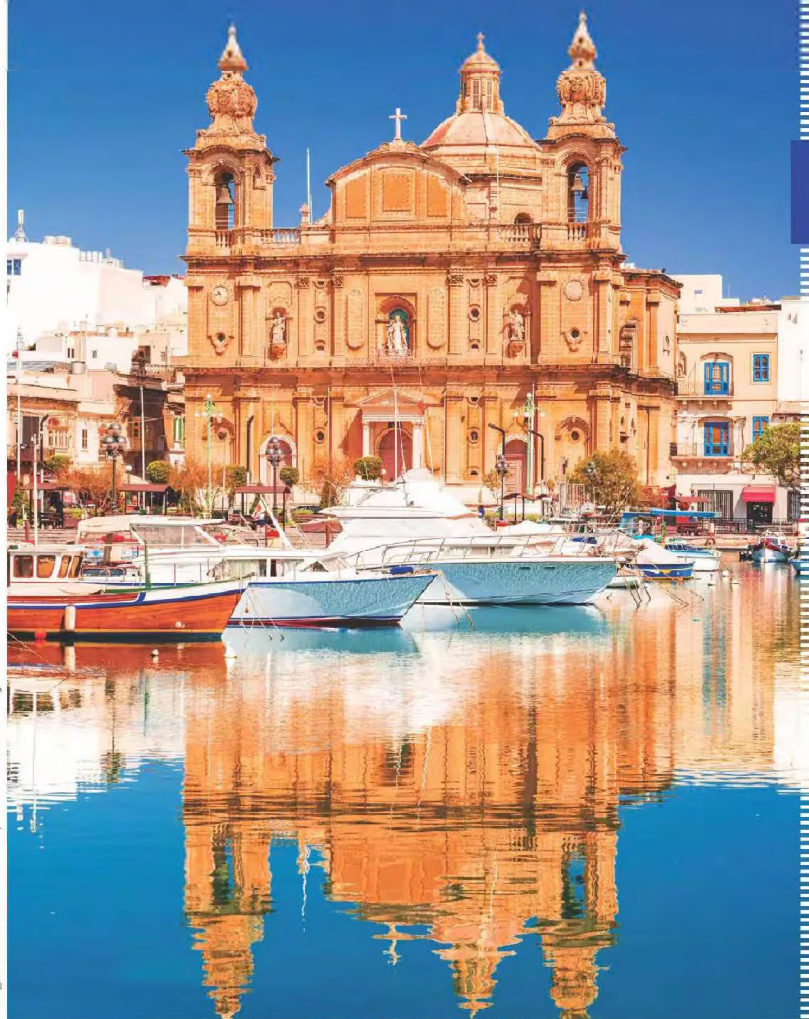
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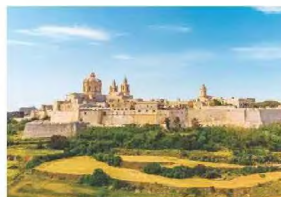
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EAT RIGHT



Relish traditional *pastizzi* (a flaky pastry filled with ricotta or peas). You can also try desserts like *helwa tat-tork*, a mixture made with crushed nuts, or the traditional *kannoli*, a tube-shaped crispy, fried pastry.

PLAN IT RIGHT



Plan a romantic getaway to Wied il-Ghasri to enjoy the seaside. Visit the megalithic temples that are part of the UNESCO World Heritage list. Explore the old capital of Mdina, which is home to beautiful architecture.

GIFTING ZONE



Malta has a plethora of open-air markets and shopping malls for visitors to explore. Shop for crafts and knitwear at Victoria (Rabat) in nearby Gozo. Visit shopping centres in Valletta - Republic Street and Merchants Street.



FACT

Malta's history is 7,000 years old. It has played host to the Romans, Napoleon, the British empire, the Knights of St. John and the Phoenicians.



Best time to visit
May to October.

(€/EUR)

Currency
Euro.



Aakriti Mehrotra, Senior Manager - Inflight Services

My journey with IndiGo started in 2006 when I joined as a Cabin Crew. Today, as a Senior Manager I feel proud to look back at the 17 years of my life at IndiGo, the place I grew through different roles, challenges, and opportunities. I believe my achievements today mirror the bright future that IndiGo and I are headed to. Cheers to be #MadeInIndiGo.



Purnima Puri, Associate Director - AO&CS

IndiGo holds a special place in my heart; I have spent 17 years here and there has been tremendous opportunities and growth. My journey from a Customer Service Agent to Associate Director is proof of IndiGo's commitment to encourage growth and development. I look forward to soaring higher and achieving new heights with IndiGo.

Made in IndiGo



Dau Dayal Sharma, Junior First Officer

My journey of becoming a pilot came with many hurdles that turned into lifelong learnings. While running an NGO, I worked tirelessly to sponsor my aviation training – a dream both my late father and I saw for myself. Despite facing a setback during the pandemic, this dream was fulfilled when I joined IndiGo. I can't wait to achieve milestones in the years to come.



Shishir Pareek, Associate Director - CarGo

I joined IndiGo in 2011 as Manager, Automation, CarGo. Backed by the supportive leaders, I got to work as Senior Manager, overseeing AOCS training and subsequently took charge of driving customer experience initiatives through various MoCA campaigns. Today, as Associate Director, Automation and Customer Relations, CarGo, I can say this is my full circle moment and I look forward to continue to grow with IndiGo.

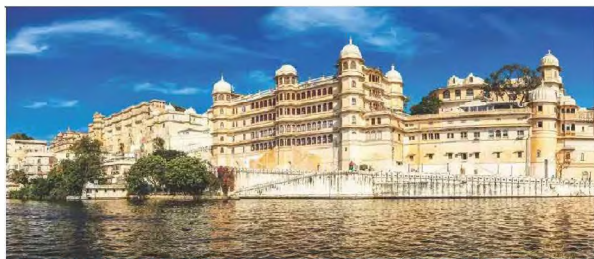
Duel Action

Fasten your seat belts as we take you on a 360-degree ride through two destinations. There's Udaipur, India, in one corner and Vienna, Austria, in another.

UDAIPUR ✈️

VIENNA

Architectural gems



Udaipur is famous for its azure lakes and majestic palaces. The most magnificent is the City Palace, rising from Lake Pichola as an ornate vision. One section of the palace has been turned into a museum.



Vienna boasts stunning architectural marvels of the Baroque and Gothic styles. Drop by the Schönbrunn Palace, one of the most beautiful Baroque structures in Europe. A UNESCO World Heritage Site, its gardens are worth a visit.

Foodie's heaven

Taste Rajasthan's most iconic *dal bati churma* at any of the eateries specialising in this rustic dish. Also try *machli Jaisamandi*, a unique and rich fish preparation that's served at some restaurants. Snacks like *kachoris* and desserts like *jalebis* are popular.



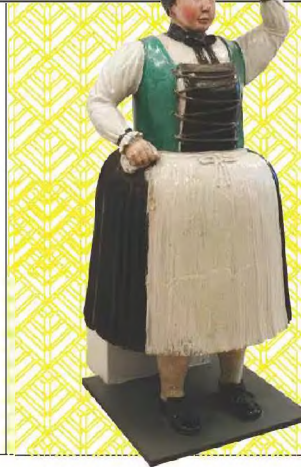
The city is famous for dishes like *wiener schnitzel* (a type of cutlet) and *goulash*, a soup prepared with meat and vegetables. For dessert, try *sachertorte*, a rich chocolate cake with apricot jam, and the traditional *apfelstrudel*.





Museums

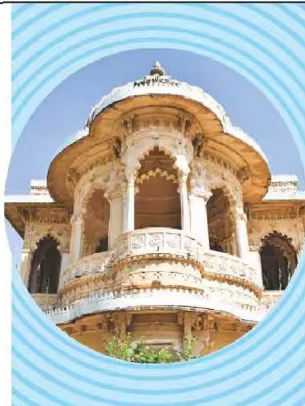
Ahar Museum stands near a cluster of royal cenotaphs and has a small, but rare collection of earthen pottery. The museum also has an interesting showcase of sculptures and archaeological finds, a few dating back to 1700 BC. Visit Bagore-ki-Haveli by Lake Pichola, an 18th century palace that has a collection of costumes and art.



Visit Uhrenmuseum (Clock Museum) to see picture clocks, astronomical clocks, and other timepieces. Don't miss the Austrian Museum of Folk Life and Folk Art, the Austrian Film Museum and the Archives of the Austrian Resistance.

Royalty

Other than the main palaces, Udaipur is dotted with smaller but unique royal buildings like the Monsoon Palace, Jagmandir, an island palace in Lake Pichola, Saheliyon ki Bari (garden for women) and Pratap Memorial (Maharana Pratap Memorial), a statue of Maharana Pratap.



The Liechtenstein City Palace, owned by the princely Liechtenstein family, is a treat for sore eyes. Its Baroque architecture, Rococo Revival interiors and a marble staircase make it an absolute tourist favourite.

Shoppers' delight



Buy traditional Rajasthani attire, jewellery and home decor from the famous Bada Bazaar, one of the oldest markets in Udaipur. You can also visit Hathipole (Hathi Pol) market for beautiful clothes and handicraft items.

Vienna is a shopper's paradise. Explore the Goldenes Quartier, an exclusive shopping address in the city. Head to Kohlmarkt if you are looking for products from high-end luxury brands like Cartier, Tiffany and more.



Recommendation: Visit Vienna's Ringstrasse, one of the world's most beautiful boulevards, dotted with museums and parks. Visit Shilpgram, a rural arts and crafts complex around 10 km from Udaipur.

Fly to Vienna with IndiGo-Turkish Airlines Codeshare flights

RAMAYANA IN MANY LANDS

In the season of festivals, we discover the cultural influence of the *Ramayana* in Southeast Asian countries Indonesia, Thailand, Myanmar and Cambodia.

Words Chitra Divakaruni

Maharishi Valmiki's *Ramayana* — the epic that chronicles the victory of Lord Rama against Lanka king, Ravana — is a much-loved tale of good triumphing over evil. It is also the fountain source of a great tradition of literature and culture, not only in India, but across the world, especially in Southeast Asia, which received and imbibed many cultural traits travelling from Indian shores. And in each country, the story and its characters are celebrated through unique art and dance forms.



Meet the author



Chitra Divakaruni is the award-winning and bestselling author of novels such as *The Palace of Illusions*, *The Forest of Enchantments*, *The Last Queen* and *Independence*.



Indonesia

It is believed that the *Ramayana* (and also the epic *Mahabharata*) reached Indonesia through traders, soldiers and scholars. The continued popularity of the *Ramayana* here is a testament to the epic's enduring cultural legacy. While the first half of the Indonesian *Ramayana* is similar to the Indian version, the second half includes the powerful Javanese deity *Dhanyana* and his three sons.

In the island of Java (Jakarta, the capital of Indonesia lies on the northwest coast of Java), the *Ramayana* is performed in many cities through *wayang kulit* or puppet shows that can last multiple nights and also through *wayang wong* tradition, a lovely theatrical dance.

In Java also stands the ancient heritage city of Yogyakarta, which, experts say, is derived from Ayodhya in India. Nearby is located Prambanan, a 10th-century UNESCO World Heritage-inscribed temple compound. It is famous for stunning reliefs illustrating the *Ramayana*. And an exquisite dance performance based on the epic is performed here regularly. Visit the temple around sunset for the most dramatic ambience and enjoy the evening dance performance. *Ramayana*-themed dances can also be enjoyed in Bali at Uluwatu and Ubud. Choose the ones held around evening to enjoy the dramatic light, music and movements around a fire!

What's More?



Watch out

Every autumn, Bali hosts a popular event called Kuta Karnival on the glorious Kuta beach.



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WHAT?



What's More?

Khon, an ancient theatrical art included in the Representative List of the Intangible Cultural Heritage of Humanity, was originally performed only at the royal courts. It combines graceful movements, war choreography, rituals, traditional music, narration, singing and poetry. Equally beautiful are the exquisite *khon* masks, jewellery and richly embroidered costumes, all of which require the highest skills in craftsmanship. Traditionally, all actors and dancers wore the masks but today, some prefer a form of makeup influenced by Thai mural paintings. The Support *Khon* Performance is considered one of the most prestigious *khon* productions in Thailand. This year, the much-anticipated episode of 'Kumbhakarna' is slotted to be held at Thailand Cultural Centre in Bangkok, from November 5 to December 5.

Another *Ramayana*-based art form is *nang yai*, or grand shadow puppets, in which performers manipulate large, leather puppets while dancing to the melodies of the *piphat* (instrumental) ensemble. Travel around 80 km from Bangkok to study more about the heritage of this art form at the Nang Yai Museum Wat Khanon.

Thailand

One of the masterpieces of Thai literature is *Ramakien* (*Ramakian*), the Thai version of the *Ramayana*. It is said Indian traders brought *Ramakien* to Thailand. As trade relations became stronger, the popularity of *Ramakien* also became widespread. Experts say the name of the historic city of Ayutthaya (around 80 km from country capital Bangkok) is a transliteration of Ayodhya. Today, paintings and statues depicting *Ramakien* are on display across Thailand. The plot of the epic has similarities, whereas the depictions of characters and stories vary. It has also inspired the famous *khon* theatre dance of Thailand, and is the basis of *nang yai* performances.

Best time to visit:
November to March.

Connect:
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Myanmar

In Myanmar (Burma), the oral tradition of the *Ramayana* is believed to date as far back as the reign of King Anawrahta (1044-77). The story – known as *Yama Zatdaw* in Burmese – was orally passed on from generation to generation up till the 16th century. Some say it was regarded as a noble saga even among monks. The story was extremely popular in the royal courts and was often seen as part of traditional court performances. Later, it was turned into a Burmese classical drama, with music and songs.

What's More?

Today, *Ramayana* performances are very popular in Burma and *yama zat pwe* (dramatic performances of the story) marionette stage shows are held very often. Its use of an exuberant, acrobatic, and highly stylised form of traditional Burmese dance as well as ornate costumes, keeps it unique from all other versions of the *Ramayana*. Some dancers are masked while others use facial expressions to deepen the drama of the scene.

Scenes from the *Ramayana* can also be found as motifs or design elements in Burmese lacquerware and wood carvings. You can enjoy stunning performances in the capital city, Naypyidaw, as well as in historic Mandalay and Yangon.



Photo: Peter/Flickr



Best time to visit:

October to March.



Connect:

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Cambodia



Photo: cambodiaembassyuk.org

In Cambodia, stone reliefs on temples from as far back as the 10th century depict scenes from the *Ramayana*, and it's said that the Cambodian version of the epic, the *Reamker*, dates to the 16th or 17th century. While the story is the same as the Indian *Ramayana*, it contains a few episodes unique to Cambodian culture. An example is that of an encounter between Hanumana and Sovann Maccha, the mermaid, a favourite of Cambodian audiences, and this is often performed as a stand-alone piece in theatrical depictions.

The *Reamker* serves as an inspiration for various genres of performance in Cambodia — classical dance-drama, masked dance-drama, and shadow puppet plays. On special days, performances of the traditional shadow puppet shows, *Sbek Thom*, inscribed in the UNESCO Representative List of the Intangible Cultural Heritage of Humanity, are very popular.

You can watch *Sbek Thom* performances in Phnom Penh and also explore how the puppets are made and performers are trained. Key scenes from the *Reamker* are depicted in ancient sculptures at Angkor, a grand UNESCO World Heritage Site, which is worth a visit.

What's More?



Best time to visit:
November to March.

Watch out

Pchum Ben (celebrated in Sep-Oct) is a traditional ceremony to remind people to bring food to monks and also remember their ancestors.

WHAT?

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Land of many untold tales

From ancient temples to lush and misty mountains, we traverse the UNESCO World Heritage sites in Tamil Nadu

Tamil Nadu is often called a land 'where stories never end,' and for good reason! Steeped in mythology and home to some of the most sought-after tourism destinations, the State is a treasure trove of unique travel experiences, with sun-kissed beaches, misty hill stations, delectable cuisine, revered places of worship, quaint villages and numerous adventure sports.

Tamil Nadu is truly one for the books, with six UNESCO World Heritage Sites, including a mountain railway and the Western Ghats, making it a remarkable destination for heritage-seekers.



Group of Monuments at Mamallapuram

A flourishing seaport under the ancient Pallava kingdom, Mamallapuram, along the Coromandel Coast (about 57 km from Chennai), is a wonderland of magnificent temples and carvings dating back to the 7th and 8th centuries. A stellar example of South Indian architecture, the site boasts rock-cut cave temples, monolithic and structural ones, bas-relief sculptures and remnants of excavated temples. The masterpiece of Mamallapuram's stonework is 'Arjuna's Penance', a giant relief carving that is one of India's greatest ancient artworks.

In addition to these remarkable features, there are the rathas (temples in the form of chariots), mandapas (cave sanctuaries), and a renowned open-air relief, the 'Descent of the Ganges'. Do stop by the Shore Temple, one of South India's oldest temples.

This temple is considered the most finite layout of a Dravida vimana (pyramidal tower) and houses two sanctums dedicated to Lord Shiva and Lord Vishnu. Although a few hours is sufficient for exploration, spend a part of the day here for an immersive experience.

Brihadeeshwara Temple

UNESCO has grouped three temples of the State as the "Great Living Chola Temples". These include Brihadeeshwara Temple at Thanjavur, Gangaikonda Cholapuram and Airavatesvara Temple at Darasuram. Built by the Chola kings, these temples not only



capture the rich craftsmanship that flourished under the dynasty but also display progressive elements of Chola architecture.

Thanjavur is famous for its art and craft, from Karuppur Kalamkari paintings to the Swamimalai bronze icons. The pride of this temple city, however, is the grand Brihadeeshwara temple, dedicated to Lord Shiva. The rise and fall of the city's fortunes are documented in the engravings and murals here. A popular attraction is the massive statue of Nandi bull, which is 13-ft high, 16-ft wide and carved out of a single rock. As you enter the temple, observe the detailed sculptures that adorn the gopuram (gateway) and the beautiful rock art on the fortified walls. The main temple is about 216 ft high with the entire structure being made of granite.



Airavatesvara Temple

Dedicated to Lord Shiva and named after Airavat (vehicle of Lord Indra), this 12th-century temple was built by the Chola King Rajaraja II. The detailed and intricate artwork that ornaments the temple, is a splendid example of Dravidian architecture. An interesting aspect of this temple is the seven minutely-carved steps leading to the altar! An ingenious work of art, these steps are musical and represent the seven notes. Keep an eye out for the mandapa in the front, which bears a resemblance to a chariot. As you walk around the complex, you will come across numerous carvings that tell tales from the Puranas, as well as stunning sculptures and bronze castings.

Gangaikonda Cholapuram

Also known as the Gangaikondacholeeswaram Temple, this heritage site shares its name with Gangaikonda Cholapuram, an ancient town that served as the capital of the Chola



dynasty for over 250 years. Legend has it that around 1023 AD, the Chola King, Rajendra-I earned the name Gangaikonda Chola (one who conquered the Ganges river) when his army returned victorious after conquering parts of the Gangetic plains. He built the eponymous town and the temple. Dedicated to Lord Shiva, this temple is believed to be one of the largest of its kind in India, with the main spire towering 55 m. Do not miss the stunning statues of Chandesura Anugraha and Sarasvathy among the numerous sculptural artifacts brought from Andhra Pradesh, West Bengal, and Karnataka.



The Nilgiri Mountain Railway

The Nilgiri Mountain Railway is the only UNESCO-recognised mountain railway in South India. It promises one of the most memorable experiences you can have. The vintage-themed train chugs along a lush landscape with towering mountains set against a clear sky, verdant hills and forested tunnels. Covering 46 km between Mettupalayam and Udthagamandalam, popularly known as Ooty, this 'Toy Train' passes the stunning hill stations of Coonoor, Wellington, Love Dale and Fern Hill during its ascending journey.



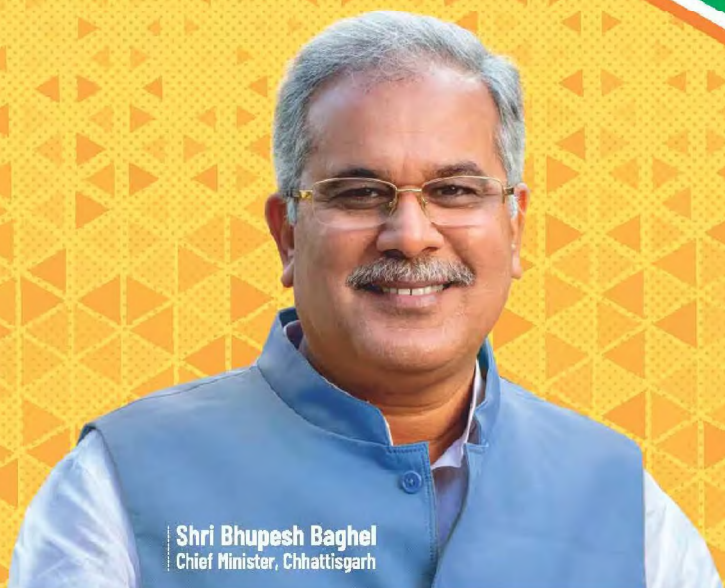
The Western Ghats

Not many are aware that Tamil Nadu is home to two of India's most majestic mountain ranges, the Western and the Eastern Ghats, which meet at Nilgiri Hills. Higher and lush than the Eastern Ghats, the World Heritage-listed Western Ghats runs along the country's western coast, is home to an incredible array of endemic plants and wildlife. In Tamil Nadu, they rise to a height of over 2500 m in the Palani Hills around Kodaikanal and the Nilgiris around Ooty, which made the latter a favourite summer escape for the British. Today, tourists flock to this region to enjoy the dramatic landscape, tiger reserves like Anamalai, national parks like Mudumalai, splendid waterfalls, dams, aromatic spice plantations and tea gardens and several misty hill stations, among which the most popular are Ooty, Coonoor, Kodaikanal and Valparai.



Chhattisgarh Govt's Youth Initiatives

**Cultivating Opportunities
Powering Growth**



Shri Bhupesh Baghel
Chief Minister, Chhattisgarh

Chhattisgarh Sarkar

Bharose Ki Sarkar



Job Bonanza

Recruitment process for 42,000 govt jobs underway

Investing in Aspirations

₹2,500 monthly unemployment allowance to educated youth

Skill Development Shaping a Promising Future

4.68 lakh youth empowered through skill development schemes

Monetary Relief to Youth

Fee waiver for competitive exams conducted through CGVYAPAM and CGPSC

Building a Better Tomorrow

10 new Swami Atmanand Colleges set to redefine higher education standards

Job Fairs: Gateway to Success

18,666 youth secure brighter employment and self-employment opportunities

Youth Engineers Leading Construction Responsibilities

Works upto ₹20 lakh at block level for registered engineers

Nurturing Future Champions

24 Khelo India Centres,
4 residential & 3 non-residential sports academies established, 8 additional new academies proposed

Technical Training to Facilitate Employment

194 ITIs operational MOU of 36 govt run ITI's with Tata Technologies

Integrating Technical Education with Schooling

Certified ITI training with higher secondary education

Rajiv Yuva Mitran Club Fostering Grassroots Talent

Empowering 4 lakh youth through 13,242 clubs

Fostering Potential

Providing free coaching for underprivileged youth belonging to SC & ST communities across 33 districts



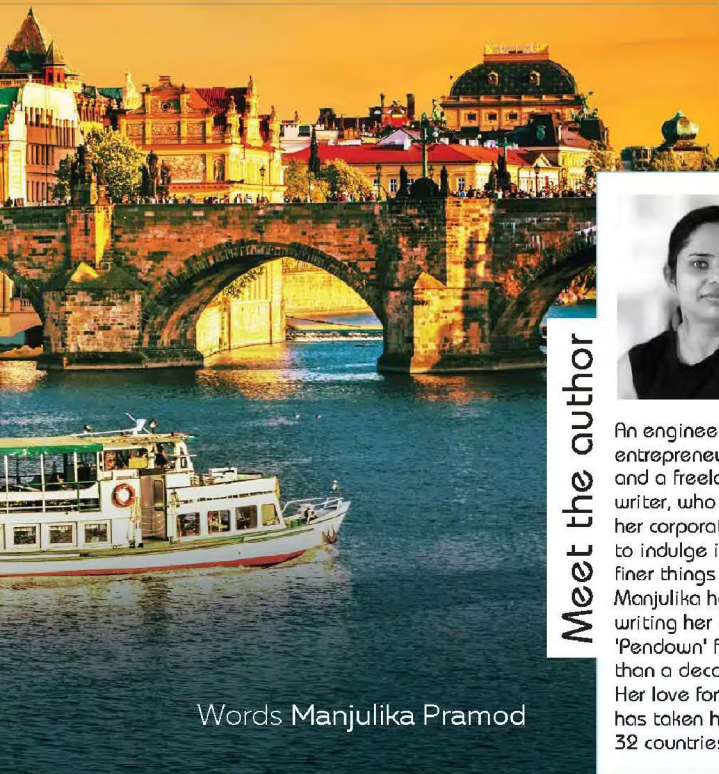
Best known for its historic Old Town Square, globally acclaimed Prague Castle, the charming Vltava River, blooming gardens, eclectic street art, the famous John Lennon Wall, and the photogenic Charles Bridge, Prague is overwhelming with its offerings. And then there are the obvious and not-so-obvious references to its most famous son, author Franz Kafka.

Located at the crossroads of vibrant history and architectural antiquity, the UNESCO-listed capital of the Czech Republic, or Praha

(the local name), is a lively, multicultural, and vintage-personified city. Aside from offering a multitude of museums, scintillating viewpoints, and delectable culinary experiences, the city is gorgeous in every season. The captivating architecture, art nouveau facades, and fairy-tale Gothic towers leave one amazed at every step. Spend your first day getting introduced to the iconic Prague Castle, the picturesque neighbourhood around the castle, and the historic quarters of Mala Strana. A visit to the Petrin Tower, the Church of Our Lady



Located in the heart of Europe,
an ancient city, home to a
fairy-tale castle and famed for its
inherently beguiling architecture,
Prague is an irresistibly desirable
getaway.



Words Manjulika Pramod

Meet the author



An engineer, entrepreneur, author and a freelance writer, who quit her corporate job to indulge in the finer things of life, Manjulika has been writing her blog 'Pendown' for more than a decade. Her love for travel has taken her to 32 countries!



Fly to Prague with
IndiGo-Turkish Airlines
Codeshare flights.

Victorious (Church of the Infant Jesus), the St. Nicholas Church and the Malostranské Square will be worth your time at Mala Strana. Just a few minutes away and across the city's centre piece, the Charles Bridge, is located Staré Město or the Old Town, with one of Europe's most spectacular town squares Staroměstské náměstí at its heart. Walk with the bustling crowd towards the Clementinum (Klementinum) with the popular Astronomical Tower and the stunning Baroque Library, said to be one of the most beautiful in the world.

Going Quirky

Give your imagination a twirl and go looking for Pablo Picasso-inspired cubist-style houses and door-less elevators (*paternoster*)! Prague also promises an exciting nightlife. The pub crawl or the bar-hopping tour is one of its kind, which may introduce you to different kinds of music, DJ-powered parties, and a wide selection of cocktails. Follow the locals to check out the nearest pub and then head off to catch live music shows. You can also try experimental theatres!

What else

- Franz Kafka, widely regarded as one of the major figures of 20th-century literature, was based in Prague. There is a museum dedicated to his life.
- A *paternoster* is a type of lift that has open compartments and does not have a door. You may want to see some of these old lifts in Prague.
- Havelský (Havelské tržiště) Market, from 1232, is one of the oldest preserved markets in Prague.
- Czech puppetry is unique. You can join a marionette-making class and learn from the best.
- A colorful graffiti wall with an image of musician John Lennon and Beatles' lyrics attracts buskers.



Hike and walk

Adventure lovers should try the mountain biking trails. The hikes will reward you with some great views. Look out for one of world's largest equestrian statues at the Vítkov Hill. For the best photographs and a spectacular panoramic view of the city's historic skyline, get to the Lobkowitz Palace.

Stroll around Letná Park, which not only promises unforgettable views of the city but is great for hiking, skateboarding, picnics, and other outdoor activities. You may also scoot around many parts of the city in Segways. The city will also impress you with its vibrant marionettes and puppet gala performances.

Conservatory of Europe

In Prague, one cannot walk past the sounds floating from the churches (which double up for concerts as well as recitals) and of the talented street musicians. Prague is the land of classical music and is also known for beautiful venues and concert halls throughout the city with regular performances. The Prague Conservatory was founded in 1808 as one of the early musical conservatories in central Europe to educate orchestral musicians. The seat of famed composers like Antonín Dvořák and Bedřich Dionys Weber, it always has had a deep connection with music.

While legendary composer Wolfgang Amadeus Mozart chose to showcase his famous opera masterpiece *Don Giovanni*

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prague

CZECH REPUBLIC

UNIQUE FACTS

No trip to Prague is complete without romanticising the sunsets around the Charles Bridge and later gawking at the city's 15th-century astronomical clock. Keep a day to discover Parížská Street, the Powder Gate Tower, Náměstí Republiky (Republic Square), Wenceslas Square, and Nové Město. Free walking tours may be a great addition to your itinerary.



Map not to scale

City Tours MYSTERIOUS MEDIEVAL UNDERGROUND

In the Old Town Hall's enigmatic underground discover not only former Romanesque and Gothic houses, but even an original street.

2 hours HOLEŠOVICE ART DISTRICT

One of the trendiest spots in Prague, here you'll find cultural centres, recognised institutions, and bistros, cafés and restaurants at almost every turn.

2 hours OLD TOWN & JEWISH QUARTER

From the glorious Old Town of Prague, walk over to the Jewish Town and learn more about the history of the Jewish community and its inhabitants.

prague.eu



Do not miss
the beer spas
around Karlovy
Vary region.



Images are for visual representation only

at the Estates Theatre, the city boasts a passionate heritage towards music and hosts countless music festivals all year round. To name a few, Strings of Autumn, International Jazz Festival and Prague Spring International Music Festival quench the thirst of music lovers from around the world. For unique experiences, find your way to Municipal House, the main hall of the Prague Symphony Orchestra, or Rudolfinum, home of the Czech Philharmonic.

Eating away

The glorious city has an inventive and interesting food scene with some of

the best traditional restaurants in Europe. On offer are an endless variety of craft beers and traditional Czech dishes like *uzeně* (smoked meat) and *guláš* (goulash).

In Old Town Square, small shops sell bowls of *halušky*, sausages, brown bread, *sauerkraut*, mulled wine, and *mead* (Medovina). There is also no dearth of artfully decorated coffee and espresso outlets. And you cannot miss the traditional *trdelník* (chimney cakes). Food festivals are frequent here and the residents are too eager to make sure everyone gets a hearty taste of it all.




Vignette

The fall

AN ODE TO AUTUMN

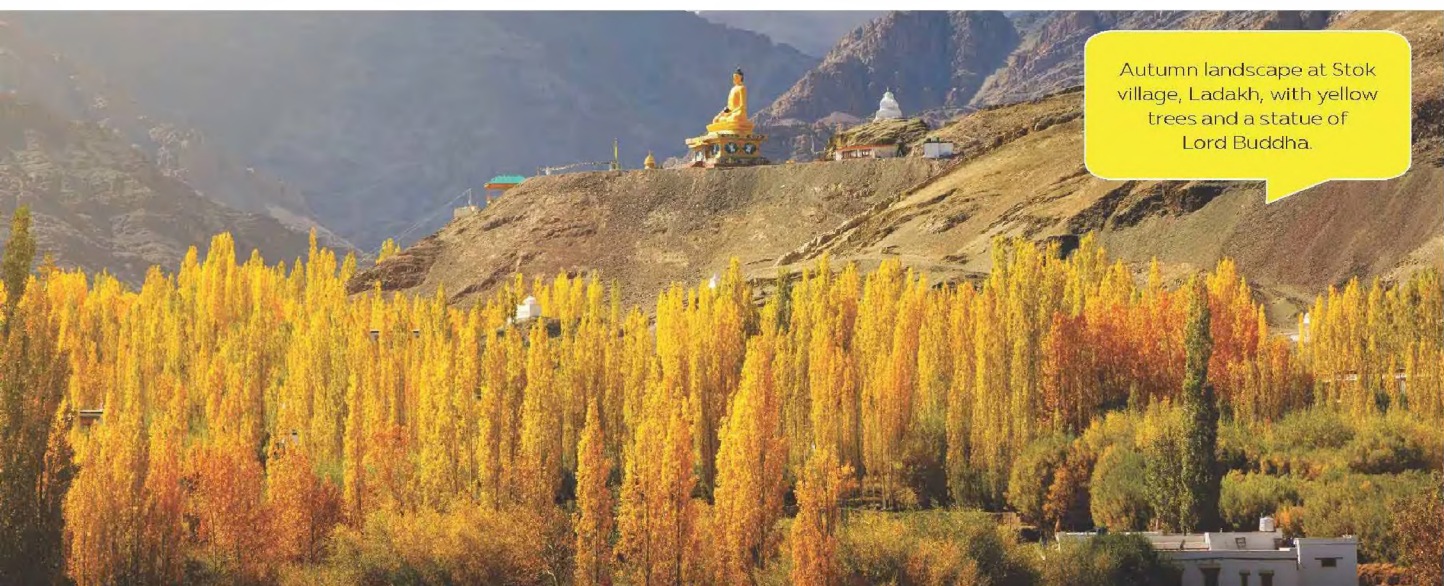
Travel to these beautiful destinations across the country to witness the riot of autumn's colours.




Vibrant forests in shades of red at Gangotri National Park, Uttarakhand.




Image for visual representation only



Autumn landscape at Stok village, Ladakh, with yellow trees and a statue of Lord Buddha.



A pathway dramatically covered by russet leaves in the season of autumn in Srinagar, Jammu and Kashmir.



Plants in full bloom along the slopes of the Himalayas in autumn as a mist descends near Tawang, Arunachal Pradesh.



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Also streaming on





Weaving a new dream

Meet the author



An alumnus of IIT Kanpur Dr. Vanita Srivastava is an independent journalist who writes on tourism, culture, science and health

Surrounded by forests and forts, Pranpur, a serene and quaint hamlet near Chanderi, Madhya Pradesh, is ideal for a de-stressing vacation. But what makes it more special is its heritage of being a hub of Chanderi sarees.

Words Vanita Srivastava

Aamir Khan and Kareena Kapoor's movie *3 Idiots* may have made box office history more than a decade ago but for residents of Pranpur, a hamlet in the heart of Madhya Pradesh, its actors are an evergreen memory. "This is the saree that Kareena tried weaving," says Kamla, flourishing a cloud of gossamer silk in black and gold. "They sat on this loom," recalls the weaver, about the trip that the actors had made for the promotion of their film to Pranpur, on the outskirts of historic Chanderi, famous for its

eponymous dreamy sarees. The black Chanderi saree with golden motifs had become instantly popular as 'Kareena Saree' and more than one lakh of these have been sold since then!

Seated on a broad-frame pit loom, 45-year-old Kamla adroitly lifts the silk warp, passes the shuttle with the silk weft and pulls the fine threads tightly together on the loom. Her hands and feet move in mesmerising coordination. On the other side of the loom, the



Tourism Circuit

Almost 50 per cent of Pranpur's population are weavers, mostly women. The Madhya Pradesh Tourism Board took it under its umbrella to groom it as a Craft Handloom village.

While the weavers have always had tourists buy fabric from them, they have now been trained for a wider interaction beyond the realms of selling sarees and *dupattas*. They keep the tourists glued by filtering the language of weaving, sometimes even serving local food.

shimmering length of a violet saree in dual-toned silk, interspersed with beautiful zari motifs, flows out as the end-product. In an adjacent house, 60-year-old Ganeshi Bai has been weaving for the better part of her life. Today, her son and daughter-in-law also work with her. And this is the story in most houses of this hamlet, where the threads of the Chanderi saree have bound families together for generations.

Beautiful Pranpur, dotted with stepwells and temples, is a hub of artisans – weavers and stone carvers. Once a part of Chanderi, today, Pranpur is being developed as a tourist hub by the Madhya Pradesh Tourism Board. While most travellers are wooed by the magic of the Chanderi saree, the quaint hamlet, surrounded by the rolling Vindhya range, dense forests of teak, *sheesham*, *tendupatta* and several medicinal plants, is a scenic and serene destination. The forest and its treasures are reflected in the beautiful sarees that are



made here; their motifs inspired by flowers and trees. The motifs also find a place of pride on the walls of more than 50 houses, painted in bright hues, their vibrancy adding a sparkle to the winding paths.

Weaving history

For centuries, Chanderi fabric used to be woven with cotton and then silk yarns. It is

What to eat

When in Pranpur, you can try the Bundeli food served by the local residents. Rustic and flavourful, the local cuisine includes *dal* (lentil gravy), *tikkad* (a thick *roti*), *baigan bharta* (roasted and mashed eggplant), *bara* (dumplings made from lentil, soaked in buttermilk, flavoured with mustard seeds and served with sugar) and the dessert *churma laddoo*.



Chanderi Festival

The Madhya Pradesh Tourism Board is organising the Chanderi Festival (October 5-9, 2023). Expect the luxury of sprawling tents, a cafeteria that serves local cuisines, cultural tours, fashion show, creative workshops and heritage walks.

Trip to Chanderi

Around 6 km from Pranpur is Chanderi, an old fortified town nestled between the hills alongside Betwa River; its claim to fame is its world-famous weave. Weaving is the heartbeat of the town, the streets reverberating with the incessant beats of the *khatka* (loom).



The grand Chanderi Fort dates back to the Mughal era. Also visit the towering Badal Mahal gate.

said that around 1945, silk yarn from Japan was introduced to the weavers, creating a finer fabric.

The earliest references to Chanderi fabric can be traced back to around the 7th century. The fabric gained popularity during the Mughal era because of its delicate weave and fine texture. Intricately spun with 300 counts of yarn, the fabric became a status symbol in the royal courts. The Bundela Rajputs also patronised it.

There is another story that Hazrat Wajihuddin Yusuf, a Sufi saint, arrived in Chanderi around 1305 AD and a large number of people from the Lakhnauti region in Bengal, where weaving was in practice, followed him to settle in Chanderi. Dhaka, situated close to the Lakhnauti region, was famous for its fine muslin. It is possible that the migrants started producing this fabric.

When the weaving of the sarees began, they were embellished with intricate motifs on the body, generally *ginis* (coins) or *butis* (buds) and with patterned borders

in gold zari; they competed with Bengal *jamdanis* and were a prized possession of the aristocracy. In the 19th century, the fabric faced stiff competition from the mill-spun yarn. To counter this competition, the weavers turned to an innovation, and the fabric woven with two different coloured silk yarns had a radiant and luminous shine. This saree with a brilliant finish boosted the popularity of the Chanderi weave and the weavers received renewed patronage.

What to Shop

Sarees/dupattas/fabric, tribal jewellery, bamboo craft, *khirni* (local berries)

Where to Stay

There are several hotels and state-run resorts, which offer a comfortable stay





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Yasmin Karachiwala is one of the most sought-after celebrity fitness instructors in India. She busts some fitness myths and offers tips for business travellers.

"Fitness has to be fun to be effective"

Words Saumya Mehrotra

Yasmin Karachiwala

Synonymous with fitness, celebrity instructor Yasmin Karachiwala has helped shape the bodies of many actors in Bollywood, including Katrina Kaif, Kareena Kapoor Khan and Deepika Padukone. In a quick chat, she offers a few must-try tips to stay fit.

What are the three fundamental rules of fitness?

They are very simple - add some form of daily movement in your routine, eat food that nourishes

you and stay hydrated. I keep insisting that one should not follow fad diets. Once you are on a diet, you start obsessing about your next meal. Instead, munch on fruits and vegetables. Also, people often feel that the more they sweat, the more calories they will burn. Some people even switch off the air-conditioners while exercising so that they can sweat more. Sweating is our body's natural temperature-control mechanism. This process has nothing to do with our weight.

We should always keep ourselves hydrated while working out. It is important to keep sipping water during workout sessions and also throughout the day. And do not compromise with your form or posture. Maintaining a good form during workout sessions is crucial for preventing burnout and injuries.

You are one of the most popular Bollywood fitness trainers. Who was your first celebrity student?

I started by training celebrities like Dimple Kapadia, Twinkle Khanna and Gauri Khan. In the beginning, I used to conduct group fitness classes. With Kareena Kapoor Khan, I started personal training. I remember Shah Rukh Khan used to come to my studio in his car to pick Gauri (his wife). Today, I am training a diverse range of people, from actors like Vaani Kapoor and Kiara Advani to cricketer Hardik Pandya. Even Hrithik Roshan comes at times.

You have recently released a book on fitness, *The Perfect 10*. What's special about it?

The USP of *The Perfect 10* is the QR code in the book. Readers can scan the QR code and do a 10-minute workout with me. I explain each exercise in detail before doing it. Every exercise has a modification as well, so it suits everyone – beginner, intermediate or advance.

How did your fitness journey begin?

I started exercising when I was 18 years old. My best friend wanted me to join a health club that had a gym and it offered training for two in the price of one. I joined it with her. I had no idea what it was about but I saw people dancing and it looked like fun. I started doing aerobics but it was embarrassing as I was completely out of sync with the group. To prove myself, I started doing aerobics every day. One day, the

I believe fitness is not a destination. It is not something that you achieve and then stop.

teacher asked me to take her class. I did it and to my surprise, I was good and I enjoyed it immensely. The instructor advised me to get professional training. I went to the US to train and studied fitness for six months. Later, I shifted to pilates, established my studio and became an instructor.



I always travel with a lot of snacks like home-made seed bars and granola with oats, nuts and seeds.



Do you have cheat days? What do you enjoy eating the most on these days?

I believe we should have a cheat meal after we have exercised hard the whole week. You can also split your cheat meals into two days. For my cheat meal, I eat *biryani* for lunch. For dinner, I have some ice cream, but a healthier version of it with coconut sugar or something alike.

What are your go-to foods in case you are travelling?

I always travel with a lot of snacks like homemade seed bars and granola with oats, nuts and seeds. My book has several recipes for these snacks. I also make puffed rice-flake mix and flavour it with peanuts and spices.

For business travellers, following a diet or an exercise routine is a challenge. What would you suggest they do?

My book recommends 10-minute workouts that can be done anywhere by everyone. I've also thrown in some useful and easy nutritional advice. All you need is a mat. I have divided the workouts into those for the upper body, lower body, abdominal, cardio and full body. And it depends on what one feels like doing. It also has a 10-minute workout that can be done while sitting on a chair, for people with desk jobs.

Today, many people make fitness choices based on social media. Your take?

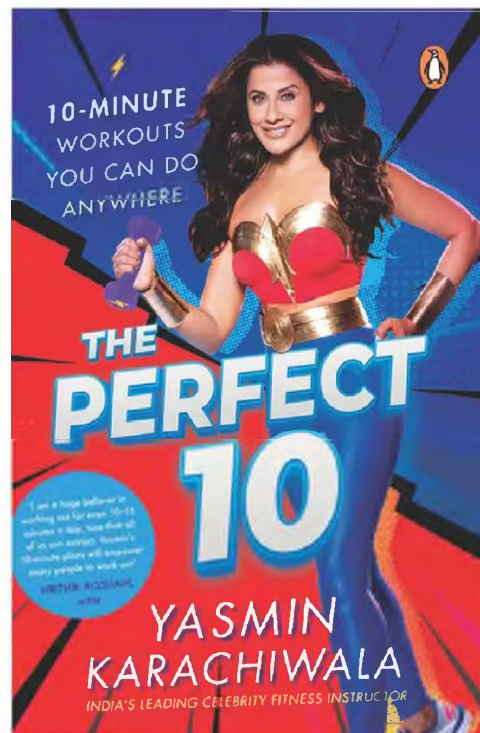
I believe fitness is not a destination. It is not something that you achieve and then stop. Fitness is a continuous journey and one needs

to enjoy this journey for it to be effective. You should have an instructor who makes fitness fun for you and you see the results. On social media, people are putting up challenges and everyone is trying to complete them, which might not be safe. We should be careful!

In my book, I have talked about the different types of bodies people have. We should realise that all body types are different and we require a personalised approach. Also, we should understand that being thin is not equivalent to being fit. Fitness is not just related to your body, it works on your mind as well. Exercising releases a feel-good hormone called endorphin, which controls stress and anxiety levels and elevates your mood.

You have said in the past you love seaside vacations. Which is your favourite?

I love beaches because I am a total sun and water person. I enjoy lying on the beach and playing in the water. For me, water is not a medium in which I would do workouts. I like to have fun in the water. My sons and I were in Hawaii in May and we enjoyed surfing and diving!





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Viewpoint

One Place 5 Ways to Milan



A land of art, history, culture and fashion, Milan is also known for its architecture, museums and a thriving culinary scene.



MADONNA OF THE BOOK

This painting is considered to be one of the finest depictions of the Virgin Mary and Child by Renaissance artist Sandro Botticelli. The painting, kept at the Museo Poldi Pezzoli, shows Mother Mary holding baby Jesus as she reads from what is believed to be a devotional text.

LAST SUPPER

A historic masterpiece by Italian Renaissance artist Leonardo da Vinci, *Last Supper* is one of the world's most famous artworks. It can be viewed at the same place it was painted, the Dominican monastery Santa Maria delle Grazie in Milan.



DUOMO DI MILANO (MILAN CATHEDRAL)

This masterpiece takes pride of place at the heart of Milan. Brilliantly symbolising the grandeur of the city, the construction of this cathedral is said to have begun in 1386. The cathedral boasts intricately-carved statues and spires.



VERTICAL FOREST

A landmark in modern architecture, the vertical forest or Bosco Verticale is one of Milan's most innovative designs in architectural biodiversity. There are two residential towers with the balconies and terraces enveloped by a large number of shrubs, plants and trees, underlining the importance of sustainability.



CASTELLO SFORZESCO

This castle houses a fine collection of art. Collections at Sforzesco include those of the Museum of Musical Instruments and of the Picture Gallery. The *Rondanini Pietà*, Michelangelo's unfinished last work, is also here.

THE QUADRILATERO DELLA MODA

Milan's high-end shopping district, it is haven for those looking for luxury retail therapy. It has also been included in the 'Main Streets Across the World', a report that lists the top retail districts and ranks the most expensive by prime rental value.



NAVIGLI

This is the place where you will find many trendy boutiques, small vintage shops and niche labels. If your bargaining skills are on point, you may find yourself a good deal. Navigli is also one of the most picturesque districts in Milan.

RISOTTO ALLA MILANESE

This velvety risotto is a must-have in Milan. This traditional dish is prepared with rice, toasted and soaked in white wine, and cooked *al dente* in meat stock. Cheese and butter are added to enhance the creamy texture. A pinch of saffron gives it the perfect golden colour.



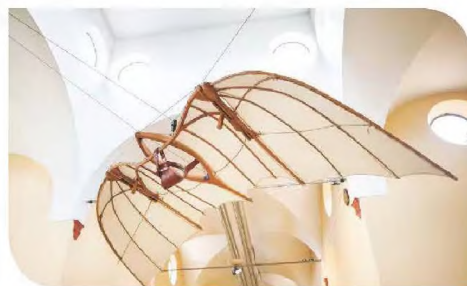
MINISTRONE MILANESE

A hearty dish, this includes cooking rice (not the usual pasta) with seasonal vegetables in a pleasant broth. It is served hot in the winter and cold in the summer. Ask for a bowl of this special minestrone garnished with goat cheese.



ITALIAN DESIGN MUSEUM

Located on the ground floor of the Palazzo dell'Arte at the Milano Triennale, the museum houses a permanent exhibition of some of the most iconic pieces in the history of Italian design.



MUSEO NAZIONALE SCIENZA E TECNOLOGIA LEONARDO DA VINCI

This science museum, the largest of its kind in Italy, pays tribute to Leonardo da Vinci. It features a vast collection, including models based on da Vinci's sketches, with outdoor hangars housing steam trains and planes.

Each one plant one!

As part of IndiGoReach initiatives to enhance green cover, our colleagues from Delhi and Gurgaon came together to add more than 1700 trees in the last month.

This initiative brought together colleagues from

across multiple locations, who participated with immense enthusiasm.

In our efforts, we also pledged to maintain the saplings, because we intend to reach out not just with our planes, but also with our hearts!





Nurturing young minds

To mark Engineer's Day, our team organised an interaction with students from Government school to talk about Careers in Aviation specially on roles offered within the Engineering Department, our miracle workers !

Colleagues from the team imparted an insightful session and promised to mentor young aspiring engineers, from time to time.

Here's to nurturing young minds, creating a space for growth, and leaving no one behind!



6€ Eats

All our ready-to-eat meals come with a beverage of your choice.

INR 400 / USD 5

Ready-to-eat (Pick one)

Add hot water. Eat. Life should be this easy.

☐ Poha

Preparation time: 6 minutes

☐ Veg Noodles

Preparation time: 4 minutes

☐ Rava Upma* (Contains nuts)

Preparation time: 5 minutes

☐ Dal Chawal*

Preparation time: 8 minutes

☐ Chicken Noodles

Preparation time: 3 minutes

Beverages (Pick one)

Served cold

6€ Juice of the Day (No added sugar)

Aerated Soft Drink (Coca-Cola)

Aerated Soft Drink (Coca-Cola Zero Sugar)

Served hot

Masala Tea

Cappuccino

Calming Blue Tea (Masala)

Low Sugar Masala Tea

Black Tea (Darjeeling)

Black Coffee (Without sugar)

Water is available upon request.

Bottled Water (500ml) can be purchased separately for INR 100.

*Available on select flights.

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6€ Eats

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INR 200 / USD 3

Snacks (Pick one)

Nutty nibbles or sweet indulgence. Your choice.

- ☐ Salted Cashew Nuts in a collectible, reusable tin.
- ☐ Smoked Almonds in a collectible, reusable tin.
- ☐ Chocolate Chip Cookies in a collectible, reusable tin.
- ☐ Sugar-free Multigrain Cookies in a collectible, reusable tin.
- ☐ Moonfills – Croissant with Choco Crème*

Beverages (Pick one)

Served cold

- 6€ Juice of the Day (No added sugar)
- Aerated Soft Drink (Coca-Cola)
- Aerated Soft Drink (Coca-Cola Zero Sugar)

Served hot

- Masala Tea
- Cappuccino
- Calming Blue Tea (Masala)
- Low Sugar Masala Tea
- Black Tea (Darjeeling)
- Black Coffee (Without sugar)

Water is available upon request.

Bottled Water (500ml) can be purchased separately for INR 100.

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INR 800 / USD 10

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Majestic Sauvignon Blanc 187 ml

Hardy's Merlot Cabernet 187 ml

Hardy's Chardonnay Semillon 187 ml

Johnnie Walker Black Label Whiskey 50 ml

Vodka 50 ml

Budweiser Beer 350 ml



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Terms and Conditions

The prices in the menu will be converted to other acceptable currencies on a round-off basis at the following conversion rate:

1 USD = 82.62 INR / 0.92 EURO / 3.67 AED / 1.35 SGD / 34.93 THB / 0.38 OMR / 0.79 GBP / 3.65 QAR / 0.31 KWD / 4.64 MYR / 7.84 HKD / 3.75 SAR / 7.29 CNY / 82.62 INR / 26.56 TRY / 0.38 BHD / 15225 IDR / 24080 VND

Prices inclusive of all applicable taxes. Cash payments in INR and USD will be accepted on all international flights or in the local currency of the country of origin or destination of the flight (except NPR, TRY, MYR and VND). Coins, in any currency, will not be accepted.

All items are served at cabin temperature, except beverages and items that are marked as 'Served Hot.' Actual products may differ in appearance from the images displayed here. All items displayed here are subject to availability and may be changed or varied, without the requirement of any notice. We offer a limited selection of food and beverages on certain flights. Please consult with the flight's cabin crew for further information or details.

Snack deal: Pre-book snacks at golnidiGo.in for discounts. Allergens warning: Food may contain nuts, gluten, soy, milk products, and/or egg. Non-vegetarian snacks are halal certified on all flights. Prices are inclusive of all applicable taxes. Food and beverage availability subject to stock. Now our short flights will have a limited menu. It's just another way we make sure you always land on time. On flights under 30 minutes, No food/beverage sales, only pre-booked snacks. Hot food/beverages will be served only on flights above 60 minutes. Both cash and credit card payment options available in-flight.

It may take approximately 45 minutes to serve everyone. We appreciate your patience.

 Non-vegetarian  Vegetarian

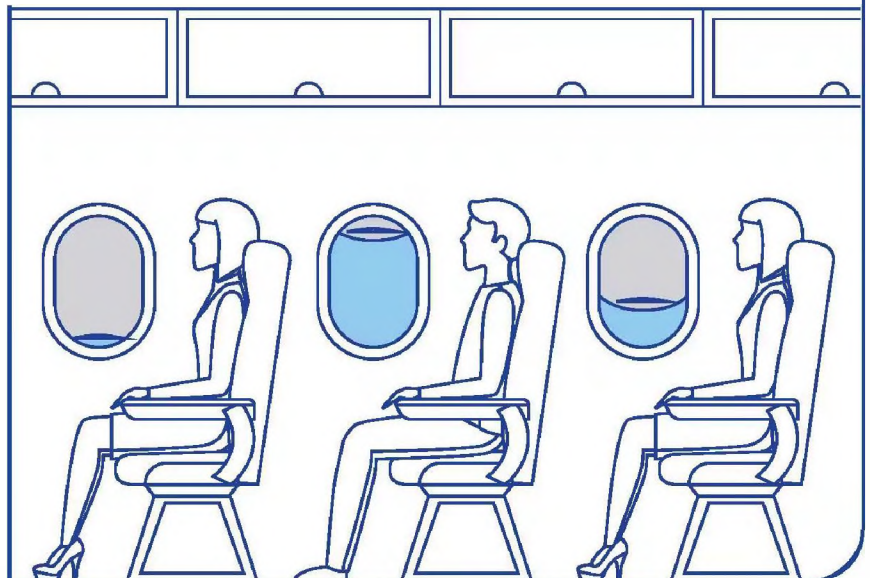
Actual products may differ in appearance from the images displayed.

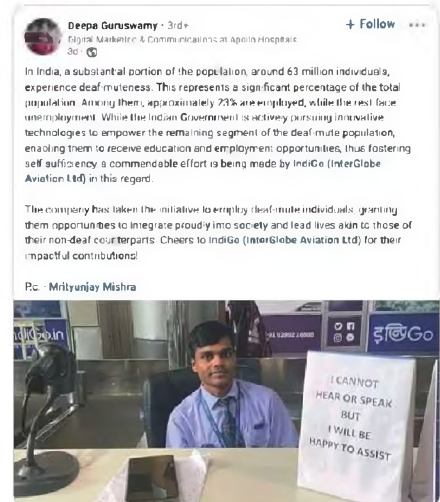
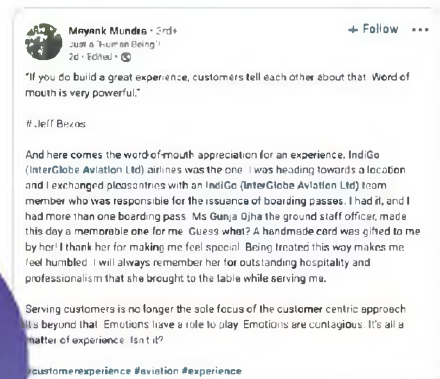
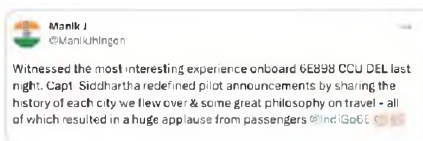
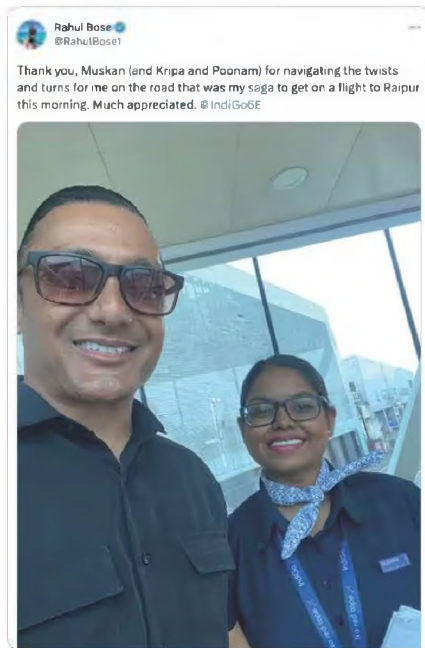
Shades on or off?

Believe it or not, your window shades play an important role in ensuring your safety. Here's how:

1. Keeping your window shades up during takeoff/landing helps the cabin crew quickly assess the situation outside and form an exit plan in case of an unforeseen circumstance.
2. Once the doors are opened upon arrival, the cabin crew may ask you to close the window shades to maintain the cabin temperature and ensure your comfort and safety.

Please follow your cabin crew's instructions for a safe flight.





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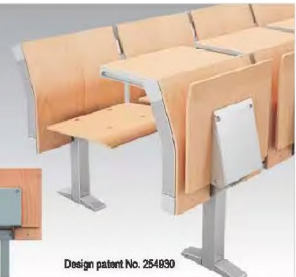
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